

THE KEEL ROW

The Herron family welcome you to our family run Pub and Restaurant

Gluten Free Menu

Starters

- HOMEMADE SOUP OF THE DAY £3.95
 - NACHOS (cornflower) + DIPS £6.95
 - HOT CHILLI NACHOS + DIPS £8.95
 - CREAMY GARLIC MUSHROOMS £4.95
 - PRAWN SALAD £6.95
 - POTATO SKINS £3.95
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Mains

- LASAGNE – Chips & Salad £9.95
 - HOT CHILLI CON CARNE – rice and/or chips £9.95
 - ROAST OF THE DAY – GF Yorkshire & gravy £7.95
 - CAJUN CHICKEN WRAP – Chips & Salad £8.95 add cheese £1
 - OMELETTE (choice of 3 fillings) – Chips & Salad £7.95
 - HAM DOUBLE EGG AND CHIPS - £7.95
 - HUNTERS CHICKEN – Chips, jacket or boiled potatoes and Veg or Salad-£10.95
 - CHICKEN FAJITAS – Served with cheese, lettuce, dips and wraps £15.95
 - FISH PIE – Chips, jacket or boiled potatoes and Veg or Salad £9.95
 - COD & CHIPS – garden or mushy peas and salad £11.95
 - CHEESE AND BROCCOLI PASTA BAKE – Chips and salad £8.95
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PLEASE ASK A MEMBER OF STAFF TO SEE OUR DESERT MENU

All steaks, gammon, pork chop, salads and jacket potatoes, are available on our regular menu as a gluten free option.
All of the above dishes are made using gluten free ingredients but are prepared/handled/stored in the kitchen with all other items.